

finding SUPPORT

Centrecare Counselling and Support Services

Phone: (08) 9325 6644: Website: centrecare.com.au



Other supports available.

- Medicare Mental Health Centres:
- Free, walk-in support for mild to moderate mental health issues | Phone: 1800 595 212 | Email: mmhc@sjog.org.au
- National and Local Helplines
- Lifeline (24/7): 13 11 14 | lifeline.org.au
- Beyond Blue (24/7): 1300 22 4636 | beyondblue.org.au
- Kids Helpline: 1800 551 800 | kidshelpline.com.au
- Suicide Call Back Service: 1300 659 467
- MensLine Australia: 1300 789 978
- 13YARN (Aboriginal & Torres Strait Islander): 13 92 76
- Mental Health Emergency Response Line (WA): 1300 555 788 (Metro)



To those in workplaces and communities, checking in, noticing changes in people around you and knowing where to refer can make a real difference.

Workplace Support and Employee Wellbeing

Centrecare's Access Wellbeing Services (AWS) offers:

- Employee Assistance Program (EAP): Confidential counselling for employees and families | Phone: 1300 66 77 00
- Wellness Checks: Confidential wellbeing assessments for staff
- Management Support: Consultations for managers to support staff and manage conflict
- Critical Incident Support: Onsite and immediate response after traumatic events
- Training Programs: Mental health awareness, resilience, conflict management, and leadership development

